

Paper Category:	Others
Paper Title: (Arial Font; 14 Pt Size)	Effectiveness of a Modified Fitness Instructor-Led Community-Based Early Frailty Intervention Programme for Older Adults
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions

Background

Frailty is a state of health where physiological decline in older adults leads to increased vulnerability to adverse health outcomes. In Singapore, there is interest in delivering early frailty intervention programmes at scale to meet the demands of an ageing population. While similar programmes are usually healthcare professional-led, scalability has been limited by the availability of specialised manpower.

Objectives

The objective of this paper is to assess if a modified fitness instructor-led model of ‘Steady Lah’, a community-based early frailty intervention programme developed by Tan Tock Seng Hospital, can lead to functional improvements among participants aged 50 and above who are at risk or showing early signs of frailty. ‘Steady Lah’s’ focus is on progressive strength and balance exercises and incorporates workshop-based learning on nutrition.

Methods

A modified curriculum of 'Steady Lah' was delivered by a fitness instructor over 12-sessions from August to September 2022. A pre-post study design was adopted to measure changes in participants' functional assessment scores and dietary habits.

Results

23 participants with mean age of 73.8 years participated in the programme. Significant improvements were observed in participants' functional assessment scores for gait speed, number of repetitions of sit-to-stand in 30 seconds and time taken to complete a four-square step test. Significant improvements in self-reported average daily intake of protein and calcium were also observed.

Discussion and Conclusions

Community-based early frailty intervention programmes like 'Steady Lah', when delivered by fitness instructors, can improve functional outcomes of at-risk and mildly frail older adults. Some of the modifications adopted to support delivery by of the programme by fitness instructors include simplification of exercise types and adherence to a defined session-by-session curriculum. Additional considerations of importance include enhancing the overall safety processes and ensuring that instructors receive adequate training.

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